

What is claimed is:

1. An exercise machine making use of the body weight of an exerciser as a load weight thereof comprising:
 - a horizontal base;
 - a vertical bar member fastened obliquely at one end thereof to said base;
 - an upper rocking bar member provided with a predetermined number of spaced-apart through holes in a side edge of said upper rocking bar member and pivoted adjustably to a top end of said vertical bar member, the upper rocking bar member further including a spaced-apart elongate bar that runs parallel to the side edge of said upper rocking bar member and includes a plurality of spaced-apart through holes that align with the predetermined number of spaced-apart through holes in the upper rocking bar member;
 - a lower rocking bar member pivoted to said vertical bar member and located in a spaced-apart relationship underneath the upper rocking bar member;
 - a connection bar with both ends thereof pivoted respectively to said upper rocking bar member and said lower rocking bar member such that said connection bar is located to the side of the said vertical bar member, the connection bar further including a plurality of spaced-apart through holes for selective adjustment relative to the upper rocking bar member, and the connection bar extending between the upper rocking bar member side edge and its spaced-apart elongate bar;
 - a seat pad disposed on another end of said lower rocking bar member;
 - a padded back rest member having one end pivoted to said lower rocking bar member and another end lapped with a front surface of said vertical bar member ;

a generally U-shaped handle bar fastened to a front end of said upper rocking bar member with hand grab means at each end thereof; and

two cushioning members having one end pivoted to each side of said lower rocking bar member and another end pivoted to each corresponding side of said connection bar for enabling said lower rocking bar member to return to a stationary position at a moderate pace.

2. The exercise machine of claim 1, wherein said connection bar further comprises:

a shuttle and two key pins with the lower end of the shuttle being pivotally and detachably connected to said vertical bar member;

the shuttle being formed with two parallel plates in a spaced-apart relationship with the connection bar being capable of moving between said plates;

the shuttle plates further having three through holes, two near the shuttle plate top edge and one near the shuttle plate lower edge, the lower edge holes being that through which one of the key pins is insertable for engagement with the connection bar and the remaining two holes near the upper edge being that through which the other key pin is insertable for selective engagement with the upper rocking bar.

3. The exercise machine of claim 1, wherein said vertical bar member comprises:

a vertical tube with one end fastened to said horizontal base.

4. The exercise machine of claim 1, wherein said cushioning members are oil-pressure cylinders.

5. The exercise machine of claim 1, further comprising:

a detachable cross member that pivotally connects to each end of the generally U-shaped handle, the cross member having a padded V shape at an intermediate location for alignment with an exerciser's neck.

6. The exercise machine of claim 1, wherein the connection bar further includes a compressed spring at its lower end near the pivotable connection to the lower rocking bar member.